Crock Pot Vegetable Lentil Stew

Makes: 8 Servings

Ingredients

2 tablespoons olive oil
2 bay leaves
2 teaspoons salt (optional)
1 large onion, sliced
3 cloves garlic, minced
1 cup carrot, chopped
2 cups kale, chopped
2 cups chard, chopped
2 cups dried lentils
8 cups vegetable broth (or stock)
1 can chopped tomatoes (16 ounces)

Directions

1. Sauté onion and garlic with olive oil.

2. Combine sauté mix with the rest of the ingredients in a crock pot.

3. Cook on low for 8 hours or high for 4 hours.

4. Spoon stew into bowls to serve and top with a dollop of fat-free or low-fat plain yogurt (optional).